

# ☆ Fun with Fondue ☆

Fondue refers to several Swiss communal dishes shared at the table in an earthenware pot over a small burner. The term "fondue" comes from the French "fondre" ("to melt"), referring to the fact that the contents of the pot are kept in a liquid state so that diners can use forks to dip into the sauce.

Some people consider it rude to allow one's lips or tongue to touch the fondue fork, and with meat fondues one should use a dinner fork to remove the meat from the dipping utensil. The "no double-dipping" rule applies here as well: once a taste has been taken of a dipped morsel it should not be returned to the pot.

Fondue was said to be invented for the purpose of using up old cheese and dry bread. The Swiss also found fondue convenient because of the freezing winters and the scarce amount of fresh food. Having fondue helped the Swiss people have a meal when they couldn't go out and get fresh food. ([www.wikipedia.com](http://www.wikipedia.com))

Fondue tips:

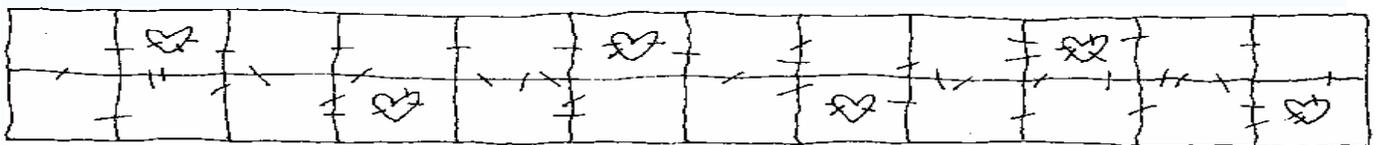
Electric fondue pots heat more evenly and the temperature regulation is a breeze. We like them much better!!

Too many fondue pots plugged in at one time may result in a blown breaker and a migraine.

Never heat chocolate above the warm setting. Don't be impatient. The wait will be worth it!

Plan plenty of time for your fondue gathering. You will not want to rush through an evening of a little heaven on earth.

Have fun, be creative and don't be afraid to dip like you've never dipped before!!



### Oriental Beef Broth Fondue

1/3 to 1/2 lb beef sirloin or flank steak per person

1 can beef broth

1/4 C soy sauce

1/4 C vegetable broth or water

3 green onions, sliced

1 clove garlic, minced

1/2 t ground ginger (optional)

Slice beef thinly into bite-size pieces.

Combine remaining ingredients in fondue pot. Bring to a boil. Spear a piece of beef and place in boiling liquid. Cook 2 to 3 minutes to desired doneness.

### Cheddar Fondue

1 lb cheddar cheese, grated

3 T flour

1 can vegetable broth

1/8 t crushed garlic

Coat the cheese with the flour. Heat broth and garlic in fondue pot to simmer. Add cheese a little at a time stirring constantly until smooth. Turn to warm and serve.

### Creamy Cheese Fondue

4 C American cheese cubed or shredded (16 oz)

1 T flour

6 oz Cream Cheese

1 t prepared mustard

1 C Vegetable Broth

Combine shredded cheese and flour; set aside.

Heat broth until bubbling. Gradually add shredded cheese, stirring constantly, until smooth.

Stir in cream cheese and mustard until smooth.

Turn pot to low.

### Chocolate Caramel Fondue

2 C milk chocolate, chips or pieces

1/3 C evaporated milk

2/3 C Caramel sauce

Heat the milk. Turn off heat. Add chocolate and caramel. Stir until smooth.

### Dark Chocolate Fondue

1 C Milk

1/4 C Sugar

1 pound semi sweet chocolate chips or bittersweet chocolate, chopped

Heat milk and sugar to a simmer. Turn off heat and add chocolate. Let stand about two minutes. Then whisk until chocolate melts and is smooth.

### Choco-Scotch Fondue

1/4 C Milk

6 ounces butterscotch chips

6 ounces semi-sweet chips

1 14 oz can sweetened condensed milk

1 t vanilla

Combine milk and chips in fondue pot. Set temperature to warm. Stir until chips are melted. Add sweetened condensed milk and vanilla. Stir to combine.